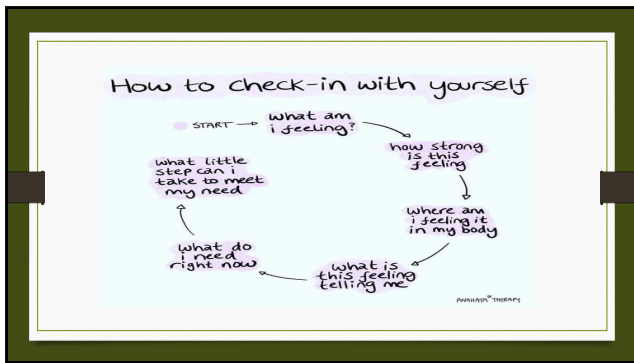


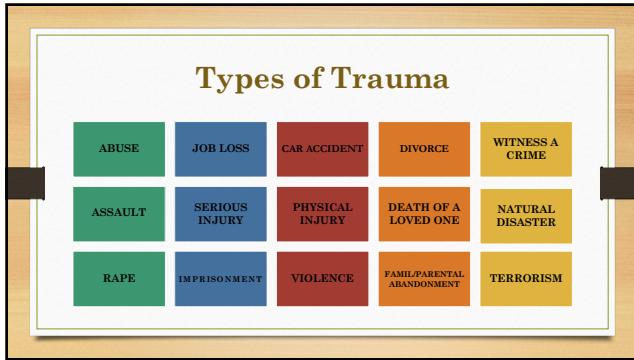
1



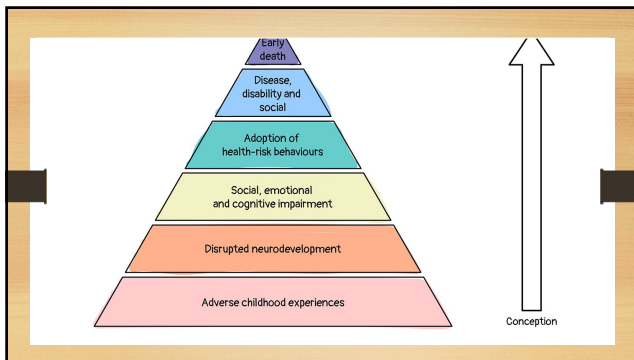
2



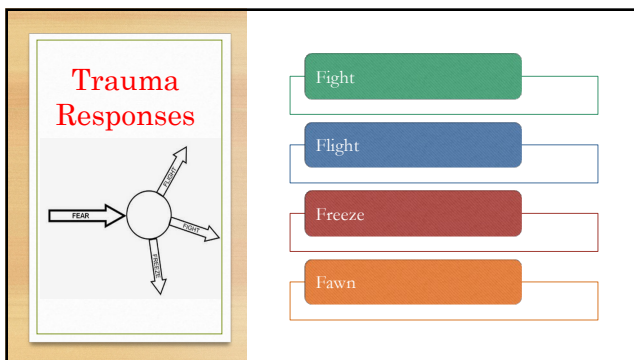
3



4



5



6

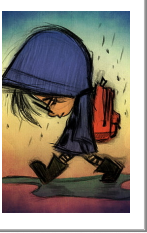
THE STRESS RESPONSE IN KIDS

FIGHT	FLIGHT	FREEZE
Yelling, Screaming, Using Mean Words	Wanting to Escape, Running Away	Shutting Down, Mind Goes Blank
Hitting, Kicking, Biting, Throwing, Punching	Unfocused, Hard to Pay Attention	Urge to Hide, Isolates Self
Blaming, Deflecting Responsibility, Defensive	Fidgeting, Restlessness, Hyperactive	Verbally Unresponsive, Says "I don't know" a lot
Demanding, Controlling	Preoccupied, Busy with Everything But the Thing	Difficulty with Completing Tasks
Oppositional, Defiant, Noncompliant	Procrastinating, Avoidant, Ignores the Situation	Zoned Out, Daydreaming
Moving Towards What Feels Threatening	Moving Away From What Feels Threatening	Unable to Move, Feeling Stuck
Irritable, Angry, Furious, Offended, Aggressive	Anxious, Panicked, Scared, Worried, Overwhelmed	Depressed, Numb, Bored/Apathetic, Helpless

Wholehearted School Counseling

7

Traumatized Children



```

graph LR
    A[World is punitive, judgmental, humiliating and blaming] --> B[Control is external, not internalized]
    B --> C[People are unpredictable and untrustworthy]
    C --> D[Believe that admitting mistakes is worse than telling the truth]
    D --> E[Defend themselves above all else]
    E --> A
  
```

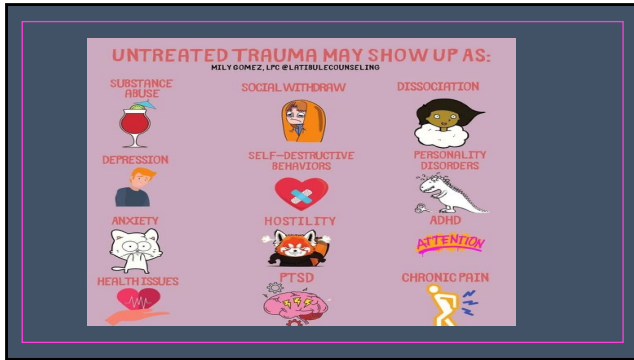
8

DEAR TEACHER, I AM NOT LISTENING TO YOU BECAUSE...

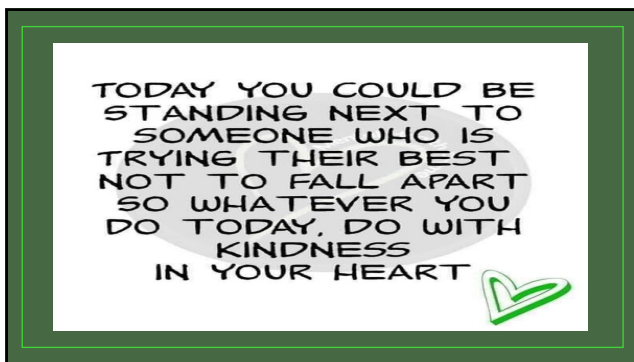
- MY CLOTHES ARE ITCHY
- I DIDN'T SLEEP WELL
- I AM HUNGRY
- I AM WORRIED ABOUT SOMETHING AT HOME
- I AM DISTRACTED BY THE BIRDS OUTSIDE
- I AM THIRSTY
- I DON'T UNDERSTAND
- I NEED A FIDGET TOY
- I AM OVERDUE A MOVEMENT BREAK
- I AM SCARED YOU WILL CHOOSE ME TO ANSWER A QUESTION

EdPsychEd

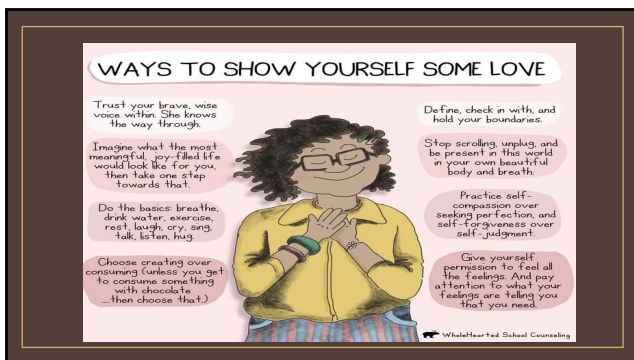
9



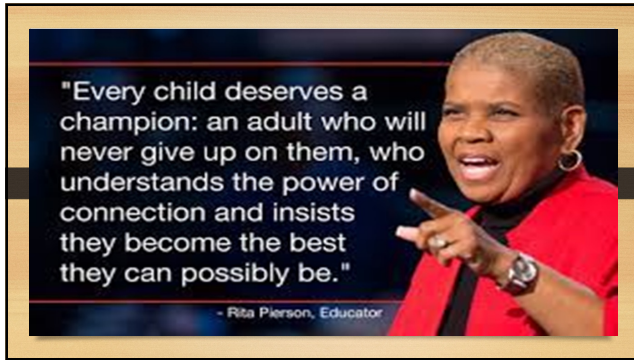
10



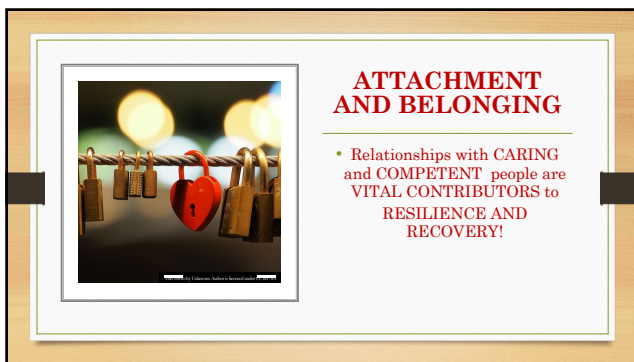
11



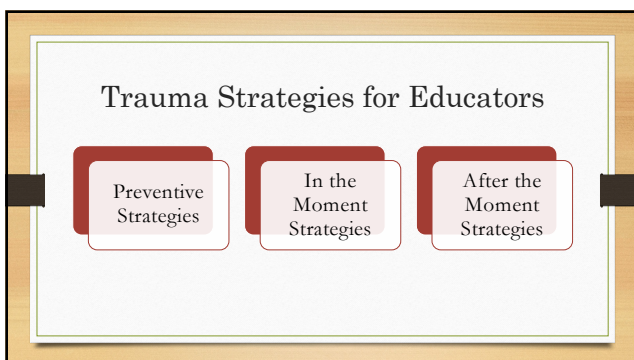
12



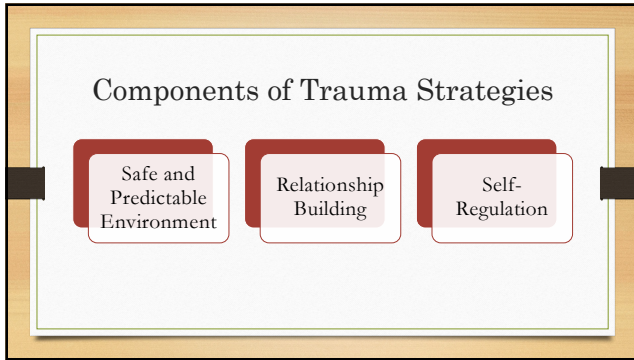
13



14



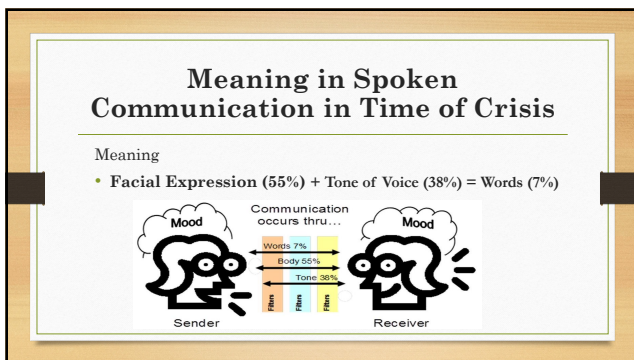
15



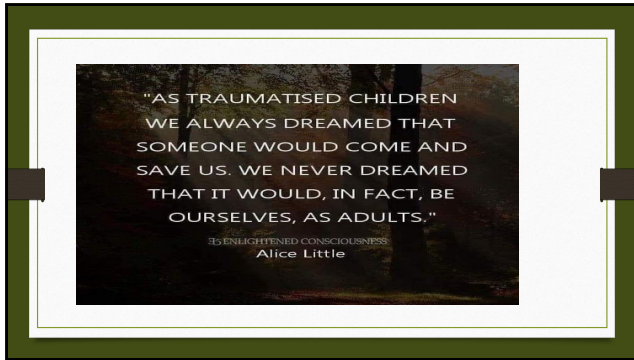
16



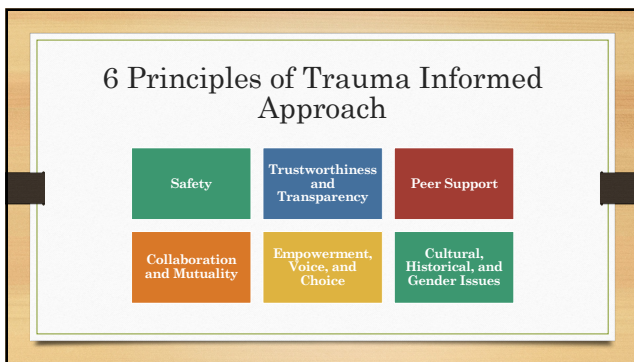
17



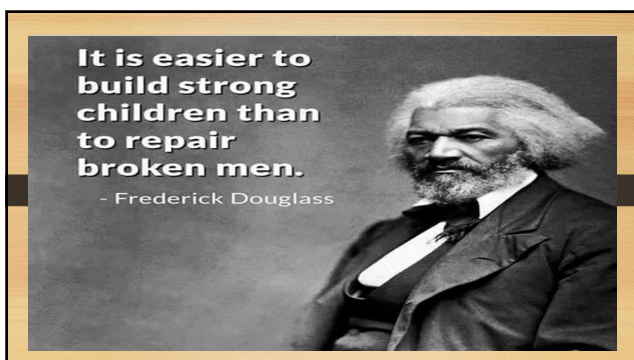
18



19



20



21

Contact
Information

Jimmie Carolyn Brown-Keaton

- jibrown@jackson.k12.ms.us
- msikeaton@yahoo.com
- jibrown@jpsms.org
